



Manor Lakes College

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Email: manor.lakes.p12@edumail.vic.gov.au
Website: www.manorlakesp12.vic.edu.au

Before & After School Care: Quantin Binnah 9742-5040
Uniforms: Rushfords/Noone's 9741-3211
College Shop Hours: Tuesday 8.30am-10.30am & Thursday 2pm-4pm

newsletter

No.6 Week Ending Friday 10th March, 2017

SUPERVISION IN THE YARD BEGINS AT 8:35 AM AND ENDS AT 3:15 PM

Monday 13th March, 2017

Labour Day Public Holiday - No School

The Week Ahead

Tuesday 14th March	My Time Program , 9:00am – 10:30am, (Community Room) Year 12 Jasper Jones Film Excursion , 9:00am – 3:00pm, (Carlton, Cinema Nova) AFL Development Program – North Melbourne Player Visit , 10:00am – 11:00pm
Wednesday 15th March	Grade 6 Leaders Wyndham West Youth Forum , 8:30am – 2:00pm, (Youth Centre – Hoppers Crossing) Accelerated Football Program (selected students), 12:45pm – 3:15pm, (Victoria University, Footscray Park Campus)
Thursday 16th March	School Banking Trade Taster , 8:00am – 3:15pm, (Geelong Industry Trade Training Centre) S08 – Jackie Travel Training , 9:00am – 3:30pm, (Geelong) Werribee Primary Division Swimming Carnival (selected students), 9:00am – 12:00pm, (Werribee Olympic Outdoor Pool)
Friday 17th March	Trade Taster , 8:00am – 3:15pm, (Geelong Industry Trade Training Centre) Breakfast Club , 8:15am – 8:45am (Links Space – Eildon) Play Group , 9:00am – 10:50am (Community Room) Gold Coin Donation Year 7 & 8 Girls Volleyball (selected students), 9:00am – 3:00pm, (Eagle Stadium) Parents Morning Tea , 9:00am – 11:00am, (Community Room) Second Hand Uniform Sale , 9:00am – 10:00am, (Outside of the Community Room) Gold Coin Donation <i>please ensure you have correct coinage as we do not have change</i> VET F45 Training , 12:30pm – 3:00pm, (F45 Training Centre, Graham Street – Hoppers Crossing) Prep to Grade 2 Assembly , 2:00pm, (Barlee Gym)

Dear Parents and Carers,

This week our school newsletter highlights some of the programs and activities from our Primary Years Program. The master-classes are a part of our enrichment programs offering high performing students the opportunity to extend their skills in some subject areas. I look forward to these being expanded in future years with the involvement of secondary teachers working with senior primary students in English, Science, Maths and Technology.

The maths enrichment program developed by Hannah Grace has high performing maths students doing additional maths at lunchtimes with the intent of entering the Maths Olympiad. This program is a result of interested students and a dedicated teacher giving her lunchtimes to the benefit of our students.

This week we held our first Parent /Teacher Interviews for 2017. It was wonderful to see many parents attend and meet respective classroom teachers to gain an insight into your child's learning thus far. All students have Individual Learning Plans which were showcased and explained during the parent interview time. We hope these goals are a springboard to initiate conversations at home regarding ways to achieve these goals and also an opportunity for you to support your child's learning in specific areas of the curriculum. We look forward to working together to achieve the learning goals.

Many exciting events have taken place throughout the term and there are also many planned as we head up to the term break.

The Grade 6 student's weekly participation in Interschool sport is taking place and it is a pleasure to see our students displaying the college values and good sportsmanship in competition.

Our prep students have settled in well and have been highly engaged in observing "fluffy chicks" emerge from incubated eggs (see photo).

School Attendance: It is important for primary students to become accustomed to attending school every day and being at school by 8:40am in readiness for the introduction to learning by 8:50am. School is compulsory for all children aged 5 years to 17 years of age, and the building blocks for a great education begin with students coming to school each and every day.

Every Day Counts: Although the Principal Team has specific focus areas, we are available to assist with any Prep – Grade 6 issues, concerns or questions:

- **Tina Agosta** Prep – 2 Assistant Principal
Office in Bonney Learning House
- **Emmajayne Pioch** Grade 3 – 6 Assistant Principal
Office in Gordon Learning House

This Friday Rebecca Meilak will be farewelling us for a while as she prepares for the arrival of her first child. We would like to wish Rebecca and her husband all the best in the journey into parenthood.

We appreciate your partnership and involvement in your child's daily school life.

Tina Agosta
Principal, Early Years



Visual Arts Master Class

Recycling and the environment have been the focus of Visual Art Masterclasses this month. Selected students from 3 Mary and 3 Anthony/Jane investigated simple sculptures, making flowers from recycled plastic bottles.

They also designed and made beaded fairies for the college's sensory garden. The students were delighted to see their hard work placed out in the garden and that it brings so much enjoyment to others at playtimes. Well done to Jeremy. A, Jaymar.H, Piya.D, Salim.A, Britney.M, Chelsea.P, Alexa.M for all your effort.



Cindy Pedrana
Teacher, Art

AFL Program

The Manor Lakes AFL Development Program is in full swing. So far students have participated in basic skill development sessions with the aim of developing kicking and handball skills on both sides of the body. In the coming weeks students will learn about nutrition for performance, recovery techniques and training methods.

North Melbourne Football Club players are coming out next Tuesday to work with our students to develop leadership and decision making skills. We have Werribee Football Club coaches coming out to work with our students and to offer selected students an opportunity to sit in the coach's box during match days, to gain an insight into football game plans and strategy.



Brad Collins
Teacher, HAPE

Matt Wilkinson
Teacher, PE

Languages Master Class

Selected students from Grade 5 who are studying Indonesian this semester have been participating in the Languages Master Class for one extra session per week. Danielle F, Shanjana J, Nathan B, Holly H, Ella C, Krit D, Brooke R and Georgia D have been learning how to expand their communication skills in Indonesian. They have learnt new vocabulary and sentence structures and have written about themselves.

The students then asked and answered questions about their personal interests and were excited to dress up in some traditional Indonesian clothing. An example from one of the student's work was: "*Siapa nama penyanyi yang favorit anda? (Who is your favourite singer?) Penyanyi yang favorit saya adalah Celine Dion. (My favourite singer is Celine Dion.)*"

All students of Indonesian have the opportunity to study overseas in the future. The Master Class students viewed a testimonial about studying in Indonesian at Gajah Mada University in Yogyakarta, Java. One of these study programs is called ACICIS which stands for the Australian Consortium for in Country Indonesian Studies. Living and studying in Indonesia is an amazing opportunity for high school and university students in Australia which I highly recommend. Information about this program can be found at: <http://www.acicis.edu.au/> or have a chat about it with me.



Peter Osboldstone
Languages Teacher, Prep – Grade 6

Interschool Sports

Nominations for our Summer Sports Captains were held recently and we would like to congratulate the following students on being elected as captains for their respective sports:

- | | | | |
|---------------|-----------------------|---------------|-------------------------|
| • Basketball: | Kyleisha K and Zane D | • Volleyball: | Chloe C and Alual G |
| • Cricket: | Kavya K and Kamal S | • Bat Tennis: | Devesh S D and Ganika S |
| • Softball: | Deng A and Zariah W | | |

Our first round of games took place on Friday 3rd March, 2017 playing against students from St Andrews Primary School. It was a successful start to the season with our Volleyball, Cricket and Softball teams all winning their games.

Maths Enrichment Program: Maths Olympiad

Over the past few weeks a dedicated group of grade 5/6 students have begun their preparations for participating in the Maths Olympiad Program throughout the year. This program is designed for students to use and build upon their problem solving skills in Mathematics. They have worked in teams, and extended their skills at recess and lunch times to solve problems that include number, measurement and probability aspects.

The group, consisting of 20 students, has been eager to take on any challenges given to them. They have used pre-existing problem solving strategies learnt in class, and extended their thinking of new ways to solve worded and visual maths problems. One student's thoughts on the program "It's really fun and challenging to learn higher versions of the maths we already do," demonstrates the level of enthusiasm currently shown with this new challenge ahead of them. I look forward to seeing how their skills develop further throughout the year.



Hannah Grace
Teacher, Prep

Prep to Grade 2 Writing Celebration

Please join us for the
Prep, Year 1 & 2 Community
WRITING celebration
Friday 24th March 2017
From 2-3pm in classrooms

We would like to welcome parents, families & carers to our classrooms for an open afternoon to share and celebrate the progress and success of our writers.

As a year level fundraiser, delicious homemade cakes and slices will be available for our visitors to purchase in support of our Year One programs.

Manor Lakes College

The poster features a blue background with white polka dots. It includes illustrations of a large yellow pencil at the top left, a boy holding a notepad at the top right, a girl sitting at a desk with a lamp at the bottom left, and another large yellow pencil at the bottom right. The text is enclosed in a white, cloud-like shape with a dashed border.

Student School Photos

Student photos will be taken on **Thursday 20th April, Friday 21st April and Monday 1st May, 2017**. Photos this year from Prep to Year 12 will be taken by Compass. Students from Prep to Grade 6 will have class photos along with individual photos, and students in Years 7 to 12 will only have individual photos.

On the day your child is photographed and they will be given an order form. You are able to order photos via Compass online (<https://manorlakesp12.vic.jdlf.com.au>) or bring the **correct money** for the Compass kiosk in the Burley Griffin office and order via kiosk (please ensure you have the correct amount of money as the kiosk does not issue change). You are able to order photos now without the form.

Sibling photos: will be taken on Monday 1st May, 2017. All students wanting sibling photos will be required at the Barlee gym at 9:00am.

Second Hand Uniform Sale



Second Hand Uniform Sale Gold Coin Donation



9:00am -10:00am Outside of the Community Room
Friday 17th March, 2017
Come & pick up a bargain!

Please ensure you have coinage on the day - we do not have change.

Great Outdoors Mount Cole Camp

"I feel like I achieved my goal of leading my section of the walk without losing anyone or them getting injured. I'm proud of myself for pushing through the walk."

By Tarneshia

"Great Outdoors in Year 10 focuses on teaching students how to manage themselves and others in a new and challenging outdoor environment. Students gain leadership, independence, camping and navigation skills as well as having a great time with their peers in the beautiful Victorian countryside. This subject aims to also help students develop resilience and persistence, that will assist them in aiming high with their studies."



Amy-Rose Livesay
Teacher, Outdoor Education/VCAL

Personal Property

- Students are discouraged from bringing valuable personal property to school (including mobile phones)
- If students choose to bring valuable personal property to school, they do so at their own risk
- The Department and the college do not hold insurance for personal property brought to schools and therefore it will not generally pay for any loss or damage property own risk.

Newsletter Sign Up

The college newsletter can be accessed online via the college website: www.manorlakesp12.vic.edu.au. We encourage all families to sign up as an efficient means to receiving the newsletter. The newsletter is one of the main forms of communication within our college community; all news, dates and information is published on a weekly basis

News Article

Secondary students having a field day with Athletics

Dedicated, passionate, and receptive – those are the words used to describe Athletics coach Duncan Large following the success of the Athletics program he delivered at Manor Lakes College in Victoria.

As part of the Australian Sports Commission's Youth Participation program, an innovative sports participation project targeting secondary school students, Athletics Australia have been working with a group of schools across Australia to test and deliver pilot programs aiming to effectively engage students that are 13 – 17 years old.

The project is currently assisting schools and sports to design tailored programs and provides a platform for developing strategies around how to tackle the youth participation cliff. As a result of research produced through this project, Athletics Australia have further modified their Active Athletics program to improve the secondary school experience and engage the students at Manor Lakes College.



Matt Wilkinson, a teacher at Manor Lakes College believes the program has been invaluable to his school, having seen a huge shift in the attitude of his students.

As a teacher that is passionate about the program and dedicated to developing the student's skills and leadership, Matt joins in on activities with the students and assists Duncan with the program delivery where possible.

"We have kids of all different ages, and they were all kids who didn't enjoy participating in sporting activities at all," Matt said.

"Since starting the athletics program our participation levels have gone through the roof; the kids are really enjoying sport and everyone is having a go," Matt said.

Manor Lakes College prides itself on being an inclusive educational setting where the learning needs of all students are catered for.

"Having many kids with disabilities would usually provide some barriers for participation, but this hasn't held them back at all," he said.

"All of our students have been getting involved. Duncan has been great; he really motivates and engages the kids with the activities," he said.

"The program has had a really positive impact on our school, we can't thank Duncan enough" Matt said.

A copy of the article is live here <https://sportingschools.gov.au/news/Secondary-students-having-a-field-day-with-Athletics>

2018 Prep Information Session



Manor Lakes
College

Manor Lakes P-12 College

2-50 Minindee Road, Wyndham Vale 3024

9741 4202

manor.lakes.p12@edumail.vic.gov.au

www.manorlakesp12.vic.edu.au



2018 Prep Information Evening & Tour

Tuesday 21st March 2017

6:00pm—6:30pm Information Session

6:30pm—7:00pm Tour

Amadeus Hall

Minindee Road, Wyndham Vale

Please contact the college for registration 9741 4202

PARENTS MORNING TEA

AT

MANOR LAKES COLLEGE

We are having a Morning Tea to discuss community events, fundraising ideas and how you can get involved. Please join us for Coffee and Morning tea!

More than a 1000 families are represented at Manor Lakes College, so imagine what we'd achieve if every family nominated to do 'just one thing' to make the school a better place.

We want every family to have the opportunity to do 'just one thing' because volunteering at school is rewarding in so many ways.

WHEN: Friday 17th March

TIME: 9am-11am

WHERE: Community Room

RSVP: 10/3/2016

Kristy Gray (The Smith Family) 0408266867



Career News

VOCATIONAL AND HIGHER EDUCATION NEWS

Do you love health and science and would like to diagnose and treat musculoskeletal issues? You may consider exploring the following occupations:

Osteopathy: You can study undergraduate osteopathy at:

- RMIT, <http://bit.ly/2an8mBb>
- Victoria University, <http://bit.ly/2anuNQp>

Chiropractic: You can study undergraduate chiropractic at:

- RMIT, <http://bit.ly/2aegMEX>
- CQU, <http://bit.ly/2e4jJQI>

Myotherapy: You can study undergraduate Myotherapy at:

- Southern School of Natural Therapies, <http://bit.ly/2IQzHfm>
- Endeavour College of Natural Health, <http://bit.ly/2mtKmiM>

Physiotherapy: You can study undergraduate physiotherapy at:

- La Trobe University, <http://bit.ly/1KYy9XY>
- Australian Catholic University, <http://bit.ly/23UACtx>
- Charles Sturt University: <http://bit.ly/1MNIxVs>
- Monash University: <http://bit.ly/2fkjoFM>

Podiatry: You can study undergraduate podiatry at:

- La Trobe University, <http://bit.ly/1P8ko9J>
- Charles Sturt University: <http://bit.ly/1KRKr4i>

Massage, Remedial Massage and Myotherapy: you can undertake vocational courses at most TAFE institutes.

You may also like to explore **Prosthetics and Orthotics** as a career. You can study the Bachelor of Applied Science/Master of Clinical Prosthetics and Orthotics at La Trobe University, Bundoora, <http://bit.ly/2mtHtPM>

Gap Year in the Army, Navy and Air Force: The Australian Defence Force Gap Year program provides an opportunity for young Australians who have finished Year 12 to experience military training and lifestyle whilst gaining new skills and pay over their Gap Year in the Army, Navy or Air Force. You will earn more than \$45,000, have subsidised accommodation and full medical and dental coverage. There are 13 roles available and applications are now open. For more information and to apply, go to <http://bit.ly/1dVvxxV>

ADFA Virtual Tour: You can watch this video to see a virtual tour of the ADFA facilities. <https://www.youtube.com/watch?v=IWl74RY9IIA>

For more stories of what life is like at ADFA, you can watch the testimonials here:

<https://www.youtube.com/watch?v=PywEtE6UBCI&list=PLv0sCneygGhdyoSK6tMEX1pMWqxNxj9G>

Defence Jobs Info Sessions: <http://www.defencejobs.gov.au/events/>

Defence Careers:	Tuesday 14 th March, 6:00pm, (Melbourne)
ADFA Roadshow:	Wednesday 15 th March, 6:00pm, (Melbourne)
Engineering Careers:	Thursday 23 rd March, 6:00pm, (Melbourne)
Defence Careers:	Thursday 23 rd March, 6:00pm, (Warrnambool)
Army Reserve:	Monday 27 th March, 6:00pm, (Melbourne)
Women in Defence:	Thursday 30 th March, 6:00pm, (Melbourne)

Careers in the Graphic Design Industry: This website focuses on the range of careers in the Sign and Graphic Design Industry. It includes a list of available apprenticeships by state, career guidance, and more detail about the Sign and Graphic Design Industry. <http://www.signcareers.com.au/>

Are you interested in design and IT? Digital design and digital media enables you to design websites and apps and also bring the digital sphere into the public space by designing interactive spaces in the physical world. The following are four institutions that offer digital design courses:

- Swinburne University, <http://bit.ly/1LR6zuv>
- JMC Academy, <http://bit.ly/1Mu3WDH>
- RMIT, <http://bit.ly/1W29Oow>
- Billy Blue College of Design, <http://bit.ly/1ULYQVP>

Australian Apprenticeship Ambassadors: Join this Facebook page to read about the stories and achievements of young Australian's who have found career success through their traineeship or apprenticeship- <http://goo.gl/2hcuGS>

UPCOMING EVENTS

Flight Academy Australia: Offers students with an interest in aviation an Airline Pilot Workshop program that will run during the April 2017 school holidays. The program is hands on. It details what you need to do to get your career started & is designed to provide an insight into flying as a career choice.

Flight Academy Australia prides itself on providing high quality instruction & professional training with past graduates having gone on to successful careers in aviation both in Australia & internationally. For details, please see www.flyfaa.com.au

Photography 130 Exhibition: Photography training at RMIT is as old as the institution itself, dating back to 1887. While much has changed in photography over the past 130 years, the skills involved in composition, in challenging the limits of the camera or in capturing that special moment, are as valuable today as they were 130 years ago.

Photography 130 features the work of more than 100 RMIT photographers, in realms of practice that include art, science, commercial advertising, discovery, photojournalism and entertainment. See what makes photography at RMIT so remarkable. The exhibition will run between Friday 10 March – Thursday 13 April. For information on the event, go to <http://bit.ly/2ISfTrz>

MARCH

7 – 28: Inside Monash Seminars, Monash University, Arts (7), Business (8), Science (9), Pharmacy (28), <http://bit.ly/2ki2NYw>

30: Science in the City, RMIT, Melbourne, <http://bit.ly/2mjulrn>

APRIL

3: Forensic Science Careers Information Day, Victorian Institute of Forensic Medicine, <http://bit.ly/2me1XIR>

6: UMAT Exam Preparation Day, St Vincent's Hospital, Melbourne, <http://bit.ly/2kPNOLN>

7: A Day at Melbourne University, Parkville campus, <http://bit.ly/2kDFjgs>

7: Experience La Trobe University, Melbourne campus, <http://bit.ly/1Rilhxx>

26: Early Achievers Program, Australian Catholic University – applications open for Year 12 students, <http://bit.ly/2kPLY2t>

29: Nursing and Health Expo, Australian College of Nursing, The Melbourne Convention and Exhibition Centre, <http://bit.ly/2me1NRF>

Tracie Moore

Leading Teacher, Careers and Pathways

Grievance Procedure for Parents/Carers

- | | |
|---------|---|
| Step 1: | Make an appointment to meet with the teacher. |
| Step 2: | If the issue is unresolved, make an appointment with a Sub-school Assistant Principal
Ph. 9741 4202 |
| Step 3: | To reach final resolution you may need to meet with the Assistant Principal on more than one occasion. |
| Step 4: | Make an appointment with the Principal via the Principal's Executive Assistant. |
| Step 5: | If you are still dissatisfied phone or write to the Principal. |
| Step 6: | After steps 1-5, if the matter is not resolved, then the issue can be raised with the Regional Office on 9291- 6500 |

Dates To Remember

Monday	Every	Breakfast Club, 8:15am – 8:45am (Dalaroo Learning House)
Tuesday	Every	Rushford's Uniform Shop, 8:30am – 10:30am (Argyle Administration)
Thursday	Every	School Banking
Thursday	Every	Rushford's Uniform Shop, 2:00pm – 4:00pm (Argyle Administration)
Friday	Every	Play Group, 9:00am – 10:50am (Community Room) Gold Coin Donation
Friday	Every	Breakfast Club, 8:15am – 8:45am (Dalaroo Learning House)
Monday	20 th March	Year 7 Girls Netball, 9:00am – 3:00pm, (Eagle Stadium, Ballan Road)
Tuesday	21 st March	2018 Prep Information Evening & Tour, 6:00pm – 6:30pm – Information Session & 6:30pm – 7:00pm – College Tour, (Amadeus Hall)
Wednesday	22 nd March	Accelerated Football Program (selected students), 12:45pm – 3:15pm, (Victoria University, Footscray Park Campus)
Wednesday	22 nd March	Year 11 OES Grampians Camp Begins, 8:00am (The Grampians National Park)
Thursday	23 rd March	Trade Taster, 8:00am – 3:15pm, (Geelong Industry Trade Training Centre)
Friday	24 th March	Junior Boys Netball, 9:00am – 3:00pm, (Eagle Stadium, Ballan Road)
Friday	24 th March	Year 11 Business Management, 11:30am – 3:00pm, (Pacific Werribee)
Friday	24 th March	Year 11 OES Grampians Campers Return, 5:00pm, (Manor Lakes College)
Monday	27 th March	Year 7 Camp Begins, 8:00am – 3:00pm, (Phillip Island Adventure Resort)
Wednesday	29 th March	Year 7 Campers Return, 3:00pm, (Manor Lakes College)
Thursday	30 th March	Trade Taster, 8:00am – 3:15pm, (Geelong Industry Trade Training Centre)
Wednesday	30 th March	S08 – Jackie Travel Training, 9:00am – 3:30pm, (Geelong)
Friday	21 st April	Grade 3 – 6 Athletics Day, 9:00am – 3:00pm, (VUT Athletics Complex, Hoppers Crossing)

Compass

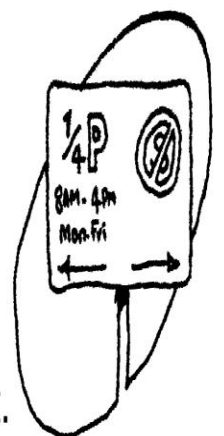
Can all parents and guardians please make sure that you are regularly logging onto Compass via the website <https://manorlakesp12.vic.idf.com.au/>. This is the College's school management program and will provide you access to all aspects of your child's school life. Functions that parents are able to access include viewing and approving absences, proving consent and paying for excursions and incursions, booking parent / teacher interviews, contacting teachers and keeping an eye on important dates via the College community calendars.

All students currently have feedback uploaded for various curriculum areas and learning tasks. Please access your child's learning tasks to view teacher feedback, scoring (if relevant) and your child's reflection on their learning. Please take the opportunity to provide any constructive feedback to your child and/or child's teacher regarding their learning in the particular curriculum area. A reminder that the college is moving away from traditional end of semester reports, although a summation of your child's learning will be available each semester including AusVELS progression points, any other relevant grading's applicable to VCE/VCAL, additional teacher feedback for personal learning and overall achievement in subject area.



Don't park illegally

Never park in No Stopping zones or double park around the school – **no matter how briefly**. You will **block the view** for both children and motorists and run the risk of causing an accident.



ROAD SAFETY AROUND SCHOOLS BEGINS WITH YOU!



Manor Lakes College Easter Raffle

5 Easter Hampers to be Won!

Please find attached 10 raffle tickets to sell to go into the draw to win one of 5 Easter hampers

Tickets are \$2 each or 3 for \$5

Funds raised will go towards purchasing new musical instruments for the Performing Arts department.

Please return tickets and money by close of business on Tuesday 28th March.

The raffle will be drawn on Wednesday 29th March.

Please return raffle tickets and money to the college by Tuesday 28th March, 2017

(Please ensure the purchaser's name and phone number are written clearly on each raffle ticket)

Manor Lakes College Easter Raffle

Students Name: _____

Class: _____

☐ Raffle tickets and money enclosed \$ _____

☐ Please tick the box if you would like more raffle tickets to sell.

Parent/Carer Signature: _____

Date: _____

Community News



INFINITY MARTIAL-ARTS ACADEMY

Train with the Professionals
and learn the art of Ju-Jitsu
Martial Arts and Self
Defence

Monday and Wednesday

Juniors Classes
5:00pm - 6:00pm

Intermediate and
Adult classes 6:00 - 7:00

Junior: 8 - 14 years
Intermediate: 14 -16 years
Senior: 16 years and over

2-50 Minindee Rd
Manor Lakes College
Amadeus Building

Head Instructor
Sensei Les
0409 600 687
les@imaacademy.com.au
www.imaacademy.com.au



Joseph's Corner
A counselling service for
families living with
alcohol and drug
addiction

Improving Self-Esteem

Joseph's Corner
warmly welcome you to
"Improving Self-Esteem"

The Venue
Joseph's Corner
Cnr. Campbell and Bellin Streets
LAVERTON
Telephone: 9315 2680.

contact@josephscorner.org.au

Days
Every Wednesday for 6 weeks,
19 April – 24 May.

Time
10:00 am to 12:00 pm.

Cost
There is no cost, but a gold coin
donation would be appreciated.

Tea and coffee provided.

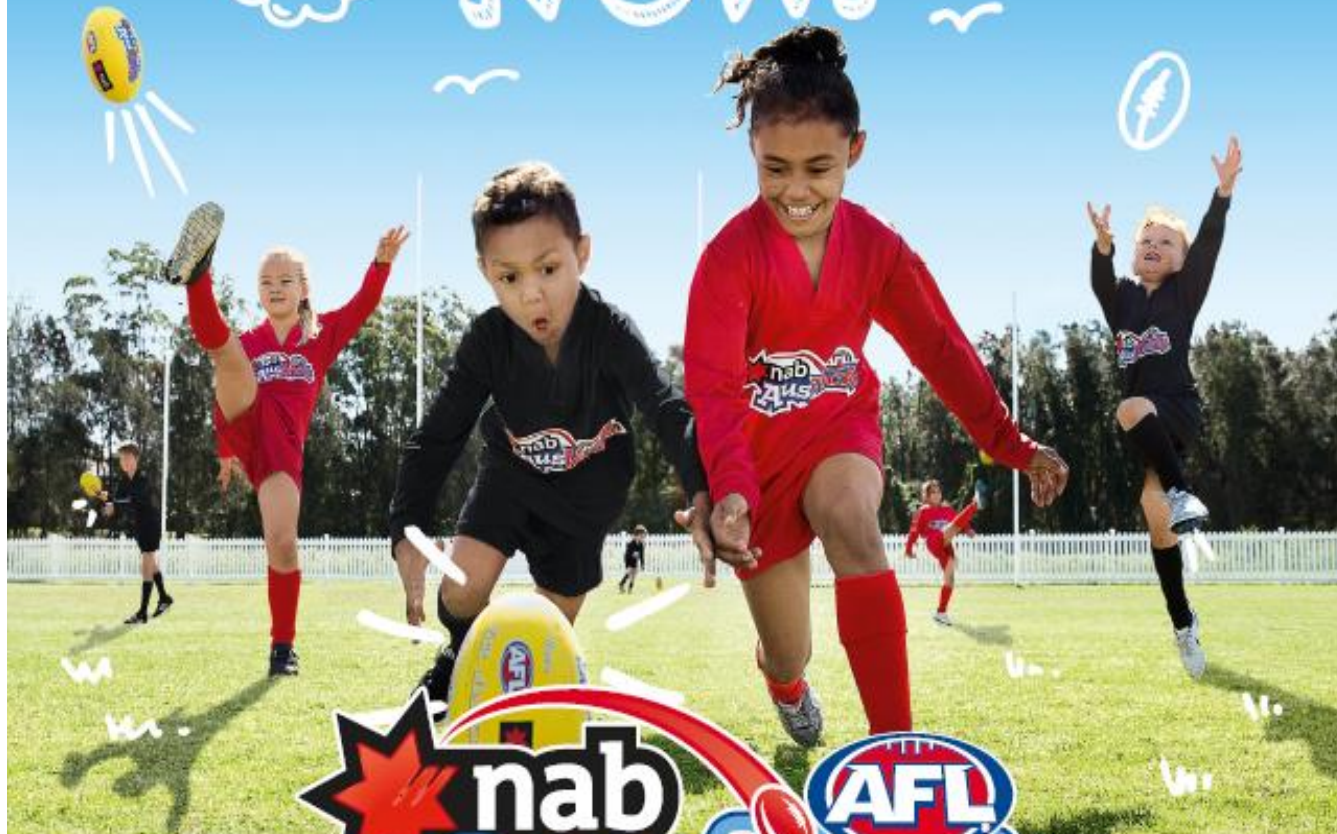
As a participant in this confidential group program, you will be
in a safe space to:

- Learn what self-esteem is, and explore what may have caused yours to fade.
- Be supported to acknowledge your own strengths and weaknesses.
- Learn how to use your strengths and weaknesses to help you in life.
- ...all while helping others to do the same!



It has been shown that
participating in a supportive group program
can help increase self-esteem
for people of all ages and backgrounds.

☀️ REGISTER NOW! ☁️



Manor Lakes Auskick Centre

Manor Lakes Reserve, Howqua Way, Wyndham Vale

Friday Evening, 6pm-7pm

manorlakesauskick@hotmail.com

Head to www.aflauskick.com.au to register, or to find out details of all centres in the area!

AFLAUSKICK.COM.AU



PARENTS



NAB AFL Auskick is a great way for kids to have fun, make friends and learn skills of Australian Football.

Through weekly coaching sessions with our passionate coaches and coordinators, your child will be part of a great team, learning new skills and playing non-contact AFL games.

PLUS

Each participant will receive an awesome benefits pack full of gear when they join.

CREATE MEMORIES THAT WILL LAST A LIFETIME.

TO REGISTER FOR NAB AFL AUSKICK, FOLLOW THESE SIMPLE STEPS ONLINE:

- 1 Visit aflauskick.com.au
- 2 Enter your postcode in the centre locator
- 3 Select the centre you would like to attend
- 4 Complete the registration process



**IF YOUR KIDS LIKE FOOTY,
THEY'LL LOVE**

Colour me
and share on
Instagram using
#AFLBounceKids



AFL BOUNCE

AFL Bounce is a FREE App, made just for kids. Learn about AFL in a fun & fresh way, with daily videos, GIFs, memes and much more.

It's a new world of footy.

DOWNLOAD THE APP TODAY!

